

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
3	NO ZUMBA	4	8:15 am Zumba	6	830am Dance Party	7	JULY 2023 Waretown Older Adult Calendar of Activities
	NO TONING	HOLIDAY NO PROGRAMS	9AM Toning		9:30am Jazzercise		Waretown Community Café - Congregate Meal Schedule
	11am Sit n Be Fit in Front Room 12 pm Congregate Meal		11am Sit n Be Fit 12 Cards in front room		9:30am FOREVER YOUNG	1230pm LINE DANCING	Engel Sprague Senior Center - 239 11th St Waretown (GPS Barneгат)
	1230 Nutritionist Jennifer Collins (MOW) \$2donation requested 10am Must let Jeanne know if you want a meal tomorrow		12pm Congregate Meal 1230 G.C. BINGO w/ HelpAlert				Contact person: Jeanne Broadbent 609-548-6319 email recreation@twpoceannj.gov Website: www.twpoceannj.gov
					RSVP by 10am for MONDAYS Congregate meal		 Funded in part by a grant from the Ocean County Board of Commissioners
10	8:15 am Zumba 9AM Toning	11	830 am Forever young 930am Jazzercise	12	8:15 am Zumba 9AM Toning	14	Congregate Meals served every Monday & Wednesday Please arrive by 11:45pm
	11am Sit n Be Fit in Front Room 12 pm Congregate Meal	12 BINGO & Pizza w Complete Care 12 Lunch provided by Fulfill	11am Sit n Be Fit 12 Cards in front room		NO FOREVER YOUNG		You must RSVP your intent to attend by 10am the day before FRIDAY for Monday / TUESDAY for Wednesday
	1230 GC BINGO with Beacon of Life	12pm MahJong	12pm Congregate Meal				12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's - no same day drop ins accepted
	1 DOMINOES / GAMES	10am Must let Jeanne know if you want a meal tomorrow	\$2donation requested 1230 G.C. BINGO HEALTH VILLAGE IMAGING		THERESA BROWN ON VACATION 13TH-24TH	NO LINE DANCING	\$2 Donation suggested.
	\$2donation requested 10am Must let Jeanne know if you want a meal tomorrow				CLASSES RESUME JULY 25	RSVP by 10am for MONDAYS	RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
						Congregate meal	
17	NO Zumba NO Toning FULLFILL - MOBILE FOOD PANTRY 12-1PM	18	NO Forever Young 930am Jazzercise 11am Sit n Be Fit 12pm MahJong	19	NO Zumba NO Toning 11am Sit n Be Fit 12 Cards in front room 1230 G.C. BINGO SEACREST	21	Fulfill of Monmouth Ocean Boxed Lunched served at 12pm You must RSVP your intent to attend by 10am on Monday NO same day meal drop ins accepted
	12 pm Congregate Meal					NO LINE DANCING	RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
	1 DOMINOES / GAMES	12 Lunch provided by Fulfill 12pm Pizza & BINGO w/ Barneгат Rehab				RSVP by 10am for MONDAYS	
	1 DOMINOES / GAMES 10am Must let Jeanne know if you want a meal tomorrow NO LINE DANCING	10am Must let Jeanne know if you want a meal tomorrow				Congregate meal	3rd Monday of each month Fulfill brings its' MOBILE FOOD PANTRY to the center 12-1pm
24	NO Zumba	25	830 am Forever young	26	8:15 am Zumba	28	JULY'S SPEAKER'S
	NO Toning 11am Sit n Be Fit in Front Room	930am Jazzercise 11am Sit n Be Fit	9AM Toning 11am Sit n Be Fit	27	830am Dance Party	1230pm LINE DANCING	1st Monday of each Month - Jennifer Collins, Nutritionist (MOW) 1230pm
	12 pm Congregate Meal	12pm Lunch provided by Fulfill 12pm GC BINGO & LUNCH w/ TALLWOODS	12 Cards in front room		9:30am Jazzercise 9:30am FOREVER YOUNG		
	1230 DOMINOES / GAMES \$2donation requested 10am Must let Jeanne know if you want a meal tomorrow NO LINE DANCING	12pm MahJong 10am Must let Jeanne know if you want a meal tomorrow	12pm Congregate Meal w games 1230 GC BINGO with Executive Care \$2donation requested				
31	8:15 am Zumba 9AM Toning 11am Sit n Be Fit in Front Room	830 am Forever young 930am Jazzercise 11am Sit n Be Fit					
	12 pm Congregate Meal	12pm Lunch provided by Fulfill				TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE	
	\$2donation requested 10am Must let Jeanne know if you want a meal tomorrow	12pm MahJong 10am Must let Jeanne know if you want a meal tomorrow				 Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities	
	1230 DOMINOES / GAMES						
	1230pm LINE DANCING						